

## BALL HITTING PRACTICE APPARATUS

### Abstract

5 A ball hitting practice apparatus for use by  
a hitter is provided. The ball hitting practice  
apparatus includes a substantially rigid member having  
a first end and a second end, a hinge capable of  
suspension from a frame and attached near the first end  
of the rigid member such that the rigid member rotates  
10 about a substantially horizontal axis, and a ball  
mounting assembly suspended from the second end of the  
rigid member. Methods for using and making the ball  
hitting practice are also provided.

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